

Resources for Staying Up to Date in Women's Mental Health

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General Resources for Psychiatric Disorders in Pregnancy and the Postpartum:

- **Massachusetts General Hospital Center for Women's Mental Health**
www.womensmentalhealth.org This is a perinatal and reproductive psychiatry information center, which provides a range of current information including discussion of new research findings in women's mental health and how such investigations inform day-to-day clinical practice.
- **MedEdPPD:** www.mededppd.org NIMH-funded, web-based education for Postpartum Depression (PPD). The site was designed to provide professionals with the tools to successfully engage, screen, diagnose, treat, and refer women with PPD. Resources on the site include CME/CE modules; interactive case studies; classic papers and current literature; provider tools; a comprehensive slide library; events calendar; and resources. MedEdPPD also contains materials for women with PPD, their friends and family members
- **Postpartum Support International:** www.postpartum.net The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum.

Medications in Pregnancy and Lactation

- **Reprotox:** www.reprotox.org REPROTOX contains summaries on the effects of medications, chemicals, infections, and physical agents on pregnancy, reproduction, and development. The REPROTOX® system was developed as an adjunct information source for clinicians, scientists, and government agencies. *Subscription fee required, free to residents.*
- **TERIS** (Teratogen Information System) <http://depts.washington.edu/terisweb/teris/index.html> TERIS is an online database designed to assist physicians or other healthcare professionals in assessing the risks of possible teratogenic exposures in pregnant women. The database consists of a series of agent summaries, each of which is based on a thorough review of published clinical and experimental literature. Also hosts "Shepard's Catalog of Teratogenic Agents." *Subscription fee required.*
- **TOXNET** (TOXicology Data NETwork) <http://toxnet.nlm.nih.gov> is a cluster of databases covering toxicology, hazardous chemicals, environmental health and related areas. It is managed by the Toxicology and Environmental Health Information Program (TEHIP) in the Division of Specialized Information Services (SIS) of the National Library of Medicine (NLM). Includes access to DART, Lactmed, and other databases for environmental and toxic exposures.

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- **LACTMED** <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> A database of drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Statements of the American Academy of Pediatrics concerning a drug's compatibility with breastfeeding are provided, as are suggested therapeutic alternatives to those drugs where appropriate. All data are derived from the scientific literature and fully referenced. *Free access.*
- **DART** (Developmental and Reproductive Toxicology Database) <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?DARTETIC.htm> A bibliographic database covering teratology and developmental toxicology literature published since 1950.
- **Motherisk:** www.motherisk.org The Motherisk Program at The Hospital for Sick Children in Toronto, Ontario, Canada is a clinical, research and teaching program dedicated to antenatal drug, chemical, and disease risk counseling. It is affiliated with the University of Toronto. Created in 1985, Motherisk provides evidence-based information and guidance about the safety or risk to the developing fetus or infant, of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents. Help Line: (416) 813-6780
- **OTIS** Organization of Teratology Information Specialists www.otispregnancy.org Dedicated to providing accurate evidence-based, clinical information to patients and health care professionals about exposures during pregnancy and lactation. The organization serves to provide education, to conduct relevant research and to support teratology information services throughout North America. Fact sheets are available for individual medications. 1-866-626-6847 to speak with a teratology information specialist.
- **Perinatology** www.perinatology.com San Gabriel Valley Perinatal Medical Group-Perinatology.com is maintained as a resource to perinatologists and genetic counselors. Information on the site is written by maternal-fetal medicine specialists unless specified otherwise.

Practice Guidelines

- **American Academy of Neurology Practice Guidelines:** <http://www.aan.com/go/practice/guidelines> Management issues for women with epilepsy and antiepileptic drugs, with focus on pregnancy and breastfeeding, teratogenesis and perinatal outcomes, and obstetrical complications.
- **American Psychiatric Association Practice Guidelines:** www.psych.org Provide evidence-based recommendations for the assessment and treatment of psychiatric disorders. Guidelines available at http://www.psych.org/MainMenu/PsychiatricPractice/PracticeGuidelines_1.aspx
- **National Guideline Clearinghouse:** www.guideline.gov A public resource for evidence-based clinical practice guidelines. Syntheses of selected guidelines that cover similar topic areas, and expert commentary on issues of interest and importance to the clinical guideline community.

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Evidence Based Medicine Resources:

- **Centre for Evidence Based Medicine:** www.cebm.net/ UK-based center whose aim is to develop, teach and promote evidence-based health care and provide support and resources to doctors and health care professionals. Includes tools and resources for practicing and teaching EBM, interpreting data, keeping up to date.
- **Centre for Health Evidence:** www.cche.net CHE supports the learning, teaching, and practice of evidence-based health care. Access to the original *Users Guide to the Medical Literature* series as originally published in JAMA.
- **Cochrane reviews** www.cochrane.org/reviews/index.htm
- **Evidence Based Medicine for Psychiatrists, NY State OMH:** http://www.omh.state.ny.us/omhweb/ebp/ebm_for_psychiatrists.htm#clinical
- Outline of the basics of evidence based psychiatry, with links to other EBM resources.
- **Pubmed:** www.pubmed.gov US National Library of Medicine access to Medline. For a tutorial on searching with Pubmed, see <http://www.mclibrary.duke.edu/training/pubmed>
- **Ovid Medline**
- **User's Guide Interactive:** www.usersguides.org *Users' Guides Interactive* is a series of interactive online resources based on the text of the *Users' Guides to the Medical Literature: A Manual for Evidence-Based Clinical Practice*.

Government Resources:

- **FDA Office of Women's Health:** <http://www.fda.gov/womens/default.htm> The mission of the FDA OWH is to protect and advance the health of women through policy, science and outreach and to advocate for participation of women in clinical trials.
- **FDA regulations** on labeling medications in pregnancy, including proposed rule changes. http://www.fda.gov/cder/regulatory/pregnancy_labeling/default.htm
- **Healthy Pregnancy:** <http://www.womenshealth.gov/Pregnancy/> The Federal Government source for women's health information
- **Office of Research on Women's Health:** www4.od.nih.gov/orwh The ORWH serves as the catalyst and focal point at the National Institutes of Health (NIH) for efforts to improve the health of women through research. The ORWH has developed an agenda for women's health research.

Ongoing clinical trials

- **Clinical Trials.gov:** www.clinicaltrials.gov A registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details.
- **Center Watch:** www.centerwatch.com A source of news, directories, analysis, and proprietary market research for clinical research professionals and patients

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Pregnancy Registries:

- **US FDA Office of Women's Health pregnancy registry**
www.fda.gov/womens/registries/default.htm Guide to pregnancy registries for patients and clinicians.
- **Lamotrigine Pregnancy Registry** <http://pregnancyregistry.gsk.com/lamotrigine.html>
- **National Pregnancy Registry for Atypical Antipsychotics**
<http://www.womensmentalhealth.org/pregnancyregistry/>
- **North American Antiepileptic Drug (NAAED) Pregnancy Registry**
www.aedpregnancyregistry.org The AED Pregnancy Registry is the first hospital-based registry established to determine the safety of seizure medications that can be taken by women during pregnancy. 1-888-233-2334

Professional Societies and Associations:

- **The American Academy of Neurology** www.aan.com
- **The Academy of Breastfeeding Medicine (ABM)** www.bfmed.org
- **The American College of Obstetricians and Gynecologists:** www.acog.org
- **The American Psychiatric Association:** www.psych.org
- **Association of European Psychiatrists, Section on Women's Mental Health:**
<http://www.aep.lu/about/sections/Women%20Section/index%20women.html>
- **The International Association for Women's Mental Health** www.iawmh.org/
- **The Marcé Society** www.marcesociety.com An international society for the understanding, prevention, and treatment of mental illness related to childbearing. The principal aim of the society is to promote, facilitate and communicate about research into all aspects of the mental health of women, their infants and partners around the time of childbirth. This involves a broad range of research activities ranging from basic science through to health services research.
- **North American Society for Psychosocial Obstetrics and Gynecology:**
www.naspoq.org A society of researchers, clinicians, educators and scientists involved in women's mental health and healthcare.
- **The Teratology Society** <http://teratology.org/>
- **World Psychiatric Association, Section on Women's Mental Health**
<http://www.wpanet.org/sections/womens/index.shtml>

Clinical and Research Centers in Women's Mental Health:

- **Harvard Medical School MGH Center for Women's Mental Health:**
www.womensmentalhealth.org
- **Emory Womens' Program:** www.emorywomensprogram.org/
- **UCLA Mood Disorders Research Program:** www.semel.ucla.edu/mood/

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- **Women's Behavioral HealthCARE**, University of Pittsburgh Medical Center Western Psychiatric Institute and Clinic <http://womensbehavioralhealth.org>

Staying up to date:

- **APA Practice Guidelines RSS feed:**
http://www.psychiatryonline.com/rss/guidelines_rss.xml Get updates on practice guidelines by email.
- **Medscape** specialty updates: www.medscape.com
- **Pubmed saved search email updates, through My NCBI:**
<http://www.ncbi.nlm.nih.gov/sites/myncbi> Save search, select limits, select interval of email updates. Pubmed will send a listing of entries meeting your search criteria published within the last selected time interval to your inbox.
- **Archives of Women's Mental Health**
<http://www.springer.com/springerwiennewyork/medicine/journal/737>

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